

MiraLAX & Dulcolax PREP (procedure 9:30 AM and earlier)

General Guidelines:

- If you have a **defibrillator**, are on **dialysis**, or are **significantly overweight (BMI>50)**, you must schedule your procedure at a hospital (not an outpatient endoscopy center).
- If you take certain diabetes or weight loss medicines including Ozempic, Rybelsus, Wegovy, Mounjaro, Adlyxin, Trulicity, Victoza, Saxenda, Byetta, or Bydureon, you must stop your medicine at **least 1 week prior** to your colonoscopy.
- For 5 days prior to your colonoscopy, avoid fiber supplements, seeds, nuts, skins of fruits, vegetables, whole grain bars and bread.
- Iron, vitamin E, and NSAIDs (e.g. ibuprofen, naproxen, and diclofenac) should be stopped 3 days prior to your colonoscopy. Tylenol, aspirin, and multivitamins are permitted.
- If you take blood thinners or anti-platelet agents such as Coumadin, Eliquis, Xarelto, Pradaxa, Plavix, Effient or Brilinta, you must contact your **cardiologist/internist** to find out when to stop your medication.
- No marijuana 12 hours prior to the procedure.
- Due to the sedation for your procedure, you **must** be accompanied by a driver. No driving is permitted until the following day.

You will need to purchase:

1. Dulcolax (bisacodyl) Laxative Tablets 5mg. Purchase 4 tablets (no prescription necessary) ****Do not use Dulcolax if you are over the age of 80.****
2. One bottle of 238 grams of MiraLAX (no prescription necessary)
3. 64 ounces of any (NON-RED) clear liquid of your choice. If you have diabetes, water with Crystal Light may be used.
4. 2 Simethicone Pills (Extra-strength Gas-X 125mg soft gels or tablets)

FOLLOW THESE INSTRUCTIONS:

The day before the colonoscopy—all day:

Follow a **clear liquid diet**. Do not eat any solid food (including breakfast). Please see examples on the back of this sheet. Drink as much fluid as you can throughout the day.

The day before the colonoscopy, at 5 PM:

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Take 4 Dulcolax tablets.
3. At 6PM, mix the **entire** 238 gram bottle of MiraLAX with 64 ounces of any clear liquid of your choice
4. Drink 8 ounces of solution every 15 minutes until the solution is finished. The entire solution should be finished within 3 hours of starting.
5. If you become uncomfortable, consume the solution at a slower pace and keep walking around to promote intestinal motility.
6. Optional: If you do not feel clear after completing the prescribed prep, take 3 capfuls of Miralax in 8oz of water. You may repeat this until the stool is clear. Do not take any additional Miralax within 3 hours of your procedure.

Do not drink any liquids (including Miralax) within 3 hours of your procedure or it may be cancelled.

Name: _____ Procedure Date: _____

REGISTER AT: _____ AM. PM. PROCEDURE AT: _____ AM. PM.

REPORT TO:

____ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, NJ. 973-410-1800

____ Hanover Endoscopy Center of Northern NJ. 91 South Jefferson Rd, Suite 300 Whippany, NJ. 973-929-6800.

____ Cooperman Barnabas Medical Center, Cooperman Family Pavilion, Main Entrance, 94 Old Short Hills Rd, Livingston, NJ 07039. 973-322-5062